

WIC FOOD PACKAGES FOR WOMEN and CHILDREN

Pregnant Breastfeeding Basic Children Non-BF Postpartum	Pregnant and Breastfeeding Basic						Children						Non-breastfeeding Postpartum					
	Lbs Cheese	Qts Milk	Food Pkg #	Lbs Cheese	Qts Milk	Food Pkg #	Lbs Cheese	Qts Milk	Food Pkg #	Lbs Cheese	Qts Milk	Food Pkg #	Lbs Cheese	Qts Milk	Food Pkg #	Lbs Cheese	Qts Milk	Food Pkg #
	Milk Equivalent: 28 Qts			24 Qts ¹			20 Qts ¹ (3&4 Yrs)			16 Qts (1&2 Yrs)			24 Qts (rec. for all)			16 Qts		
All Regular Milk Types	0	28	150	0	24	155	0	20	160 ²	0	16	163	0	24	169	0	16	166
	1	25	151	1	21	156	1	17	161 ²	1	13	164 ³	1	21	170	1	13	167
	2	22	152	2	18	157	2	14	162 ²	2	10	165	2	18	171	2	10	168
	3	19	153	3	15	158												
All Regular Milk Types Calcium-fortified Juice	1	17	172	(20qt milk equiv;Ca >28 qts)			1	9	174	(12 qts milk equiv; Ca>20 qts)			1	13	176	(16 qts milk equiv; Ca>24 qts)		
	2	14	173	(same)			2	6	175	(same)			2	10	177	(same)		
Whole Milk (rec. for 1 yr olds)										0	16	225						
										1	13	226						
Portability/Usage/Kosher⁴	1	25	180	1	21	181	1	17	182 ²	1	13	184	1	21	183	1	13	185
Fat Free, Low Fat Milk (rec. for most women & children ≥2 years of age)	0	28	230	0	24	233	0	20	236	0	16	239	0	24	245	0	16	242
	1	25	231	1	21	234	1	17	237 ²	1	13	240	1	21	246	1	13	243
	2	22	232	2	18	235	2	14	238 ²	2	10	241	2	18	247	2	10	244
	3	19	248	3	15	249												
Lactose-Reduced/ Lactose-Free Milk	0	28	724	0	24	727	0	20	730 ²	0	16	733	0	24	794	0	16	800
	1	25	725	1	21	728	1	17	731 ²	1	13	734	1	21	795	1	13	801
	2	22	726	2	18	729	2	14	732 ²	2	10	735	2	18	796	2	10	802
L R/F & Ca-fortified Jc	1	17	803	(20 qt milk equiv;Ca >28 qts)			1	9	804	(12 qt milk equiv; Ca >20 qts)			1	13	805	(16 qts milk equiv; Ca>24 qts)		
All Cheese/No Milk	4	0					355 (12 qts equiv)						4	0		356 (12 qts equiv)		
Evap/Powd⁵ Milk	1	20					286 (23 qts equiv)						1	20		287 (23 qts equiv)		
Evap/Powd + Fluid⁵	1	10+10					296 (23 qts equiv)						1	10+10		297 (23 qts equiv)		
Homeless⁶	5	11		122 (26 qts equiv)			4	6	126	(18 qts equiv)			6	6		124 (24 qts equiv)		

BF Enhanced	Milk Equivalent: 31 Qts			27 Qts			23 Qts		
All Regular Milk Types	1	28	110	1	24	113	1	20	116
	2	25	111	2	21	114	2	17	117
	3	22	112	3	18	115	3	14	118
Fat Free/Low Fat Milk	1	28	130						
	2	25	131						
	3	22	132						
All Regular Milk Types Ca-fortified Juice	1	20	178	(Ca >31 qts milk)					
	2	17	179	(same)					
Homeless⁷	6	11	120	(29 qts equiv)					

- PG, BF Basic, and C packages (excluding homeless) contain 2 doz eggs, 36 oz cereal, 6 juices, and 18 oz PB or 1 lb dry beans/peas.

- BF Enh. Packages: 2 doz eggs, 36 oz cereal, 7 juices, 1 lb dry beans/peas, 1 lb dry beans/peas or 18 oz PB, 4 6-oz cans tuna, and 2 lbs carrots.

- Non-BF PP contain 2 doz eggs, 36 oz cereal, and 4 juices.

- Tailoring down: PG and BF Basic women can be given a C or Non-BF PP package. PG, BF, and C can be given a Non-BF PP package.

- 24-qt packages may be issued to any child and 20-qt packages may be issued to 1-2 yr olds when need is documented (e.g., underweight, inadequate calcium intake) and if quantity is reasonable for the child.
- Automatically produced at 3 years of age (progression from package issued at 2 years), unless a different food package is entered in DAISy.
- Automatically produced at 1 year of age, unless a different food package is entered in DAISy.
- Portability/Usage/Kosher packages offer choices of gallons or half-gallons for participants with transportation problems or difficulty handling gallons, to prevent spoilage, and to allow the purchase of kosher milk or cheese. "Kosher allowed" is stated on the drafts.
- 20 qts evaporated or powdered milk = 21 12-oz cans evaporated or 2 boxes (8-10 qt) powdered. 10 qts = 1 box (8-10 qt) powdered or 10 12-oz cans evaporated.
- Homeless packages for PG, BF Basic and Child packages also contain 8 6-packs of 6-oz juices, 24 oz peanut butter. An additional 2 qts may be issued to PG and BF Basic women, and an additional 2,4, or 6 qts may be issued to children. Issue an additional food package (999) using draft type(s) 500 (2 qts).
- Homeless packages for BF Enhanced also contain 9 6-packs of 6-oz juices, 24 oz peanut butter and 8 16-oz cans of beans alternating monthly with 42 oz peanut butter and 4 16-oz cans of beans, and 8 3- to 3 1/4-oz cans of tuna.